7-Day Vegetarian Fat-Loss Meal Plan

Goal: Lose 20–30 lbs fat
Calories/day: ~1,500 (includes 3 coffees)
Protein/day: ~100–115g
Meals/day: 3 | Time per meal: ≤10 minutes | Includes restaurant eating

☕ Daily Add-on (Every Day)

- Coffee (3x/day):
  - 1/4 cup milk + 1 tsp sugar per cup (or unsweetened if preferred)
  - ~150 kcal total

Day 1–7 (Rotate Meal Options)

Breakfast (Choose 1)

Option A – Greek Yogurt Protein Bowl

- ¾ cup plain nonfat Greek yogurt
- ½ scoop vanilla protein powder
- ½ banana, sliced
- 1 tbsp chia seeds
- Sprinkle cinnamon

Macros: 370 kcal | 28g protein

Option B – Paneer Scramble Toast

- 100g paneer (crumbled)
- Onions, tomatoes, green chilies
- Turmeric, cumin, salt
- 1 slice whole-grain toast

Macros: 360 kcal | 26g protein

Lunch (Choose 1)

Option A – High-Protein Pasta

- 1 serving chickpea or red lentil pasta
- ½ cup marinara sauce
- ½ cup tofu (grilled or air-fried)
- Steamed spinach

Macros: 480 kcal | 35g protein

Option B – Homemade Chipotle Bowl

- ½ cup brown rice
- ½ cup black beans
- ½ block grilled tofu or Chipotle sofritas
- Lettuce, pico de gallo, salsa

Macros: 500 kcal | 32g protein

Dinner (Choose 1)

Option A – Thai Tofu Rice Bowl

- ½ cup cooked jasmine or brown rice
- 100g tofu sautéed with soy sauce & chili
- Shredded carrots, bell peppers, green beans
- 1 tsp peanut butter (for flavor sauce)

Macros: 460 kcal | 35g protein

Option B – Indian Dal + Paneer/Roti Combo

- ¾ cup yellow dal or masoor dal
- ½ cup rice or 1 small roti
- 50g grilled paneer
- Cucumber/tomato salad

Macros: 450 kcal | 32g protein

Eating Out Guide (Daily Restaurant Meal)

Indian

✔ Choose: Dal, chana masala, tandoori paneer, roti

Avoid: Butter naan, creamy curries (malai, korma)

Thai

✔ Choose: Tofu stir-fry, Thai basil tofu, papaya salad

Avoid: Fried noodles, coconut milk curries

Chipotle

✔ Sofritas Bowl + brown rice + black beans + salsa

Skip cheese, sour cream, chips

Target: Keep meals ~500–600 kcal max

Weekly Consistency Tips

- Keep tofu/paneer prepped for 3 days in advance
- Use frozen veggies for speed
- Keep 1 protein bar or Greek yogurt on hand daily

- □ Log food (5 mins/day) to stay accountable
- □ Sleep 6.5+ hrs — better for fat burning hormones

□ Grocery Staples Checklist

Protein	Carbs	Veggies & Fruit	Extras
Paneer	Brown rice	Spinach	Peanut butter
Greek yogurt	Lentil pasta	Bell peppers	Soy sauce
Tofu	Roti (whole wheat)	Tomatoes	Marinara sauce
Protein powder	Black beans	Cucumber, banana	Chia seeds
Chickpeas	Whole-grain bread	Onions, carrots	Coffee, milk